

15) Will we be able to use changing rooms?

Changing rooms are an area of increased risk of transmission. **Where possible, they should remain closed.** Players and Officials should arrive changed and shower at home. Exceptions may be made where safety and safeguarding measures require their use e.g. supporting disabled athletes or a child needs a change of clothing etc. If you choose to use your changing and shower facilities you must follow government guidelines found [here](#).

Preparation and use of toilets before, during or after the match or training should follow government guidance as seen [here](#).

Further information on changing rooms for clubs in the National League System and Women's pyramid can be found in [The FA's guidance](#).